PATIENT SUPPORT GUIDE

Nutrition During Radiation Therapy

Managing Diet, Hydration and Common Treatment-Related Challenges

> Good nutrition is a key part of supportive cancer care. Personalized nutrition plans help address appetite changes, taste shifts, digestion, and food tolerance.

Oncology care support
ONCOHEAL
HEALING THROUGH NUTRITION
RADIATION THERAPY DIET
NOURISHING YOUR BODY. SUPPORTING YOUR HEALING.
The right diet can help manage side effects, boost energy and support recovery during radiation therapy.
FOCUS ON
Nutrient-Dense Foods
Stay Hydrated
Boost Immunity
Easy to Digest Meals
Natural & Balanced Diet
GOOD NUTRITION CAN HELP
Manage side effects like fatigue, nausea and loss of appetite
Maintain strength and lean body mass
Support immune function
Improve overall quality of life
Personalized diet plans by Oncology Nutrition Experts
Tailored to your treatment stage and side effects
Compassionate care for your healing journey
Book Your Nutrition Consultation Today
+91 75060 50656
www.oncoheal.co.in
info@oncoheal.co.in

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TREATMENT SIDE EFFECTS

Common Nutrition Challenges

Patients receiving radiation therapy may experience a variety of nutrition-related challenges.

Reduced Appetite

Lower desire to eat regular meals.

Taste Changes

Altered perception of flavors.

Dry Mouth

Reduced saliva flow makes eating harder.

Mouth Soreness

Oral mucositis or sensitivity.

Nausea

Queasiness affects daily food intake.

Swallowing Difficulty

Trouble moving food smoothly down.

Digestive Discomfort

Bowel & gastrointestinal sensitivity.

Weight Loss

Unintentional loss of lean body mass.

Clinical Variation: Symptom severity varies based on treatment area and individual patient response.

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ACTIONABLE SOLUTIONS

Practical Strategies for Eating Better

Targeted nutritional adaptations for symptom relief and meal comfort.

If Appetite Is Low
Try smaller, nutrient-dense meals throughout the day.

If Swallowing Is Difficult
Choose soft, moist, or appropriately modified foods.

If Mouth Is Sensitive
Avoid foods that cause burning, acidity, or irritation.

If Nausea Is Present
Smaller meals and simple, bland foods are easier to tolerate.

If Weight Is Falling
Discuss high-calorie & protein goals with oncology dietitians.

Individualized Assessment: Strategy depends directly on active patient symptoms & nutritional status.

DIETARY PILLARS

Building a Balanced Radiation Therapy Diet

Focus areas for comprehensive daily nutrition and strength preservation.

Protein

Supports muscle maintenance and tissue repair during therapy.

Energy

Helps meet the body's elevated metabolic demands.

Hydration

Supports body functions and maintains fluid balance.

Fruits & Veggies

Provide vital vitamins, minerals, and dietary fiber.

Healthy Fats

Provide extra calories and support overall nutritional adequacy.

Customization Protocol

Plans must align with cancer type, treatment stage, and symptoms.

GET SUPPORT

Your Nutrition Matters During Treatment

Radiation therapy presents unique dietary demands. Professional support helps tailor food choices to individual needs through our specialized **Radiation Care Program**.

👉 Radiation Therapy Diet Guide	Learn More
👉 OncoHeal Home Portal	Visit Home
👉 Contact OncoHeal Nutritionists	Get in Touch

Contact OncoHeal

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Personalized Dietary Plans Available